

Evergreen Pool



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 8 am	Lap Swim		Lap Swim		Lap Swim	9 - 11:00 am Swim Seattle Club
8 - 9 am	Lap / Water Exercise		Lap / Water Exercise		Lap / Water Exercise	
9 - 10 am	Lap/ Arthritis Exercise		Lap/ Arthritis Exercise		Lap/ Arthritis Exercise	
10 - 12 am	Lessons		Lessons			
12 - 2 pm	Lap Swim				Lap Swim/ MS 12 - 1 pm	11 - 1 Lap Swim
2 - 4:30 pm	High School Swim Team					RENTALS AVAILABLE 1 - 6 pm
4:30 - 6 pm	White Water Aquatics 4:30 - 6:30 pm	White Water Aquatics 5 - 7pm	White Water Aquatics 4:30 - 6:30 pm	White Water Aquatics 5 - 7pm	White Water Aquatics 4:30 - 6:30 pm	
	Swim Seattle 5 - 6 pm	Swim Seattle & Lessons 5 - 6 pm	Swim Seattle 5 - 6 pm	Swim Seattle & Lessons 5 - 6 pm	Swim Seattle 5 - 6 pm	
5 - 7 pm	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th		
7 - 8 pm	Lap Swim/ Water Exercise	Public Swim \$1.00	Lap Swim/Water Exercise	Public Swim \$1.00		

- Children under 48-inches high must be accompanied by an adult in the water at all times.
- Family Swims require an adult in the water directly supervising all children under 18 years of age.
- Programs may be changed, combined, or share the pool to assure maximum convenience and pool use.



This material will be provided in alternative formats upon request.



King County Evergreen Pool

606 SW 116th Street
Seattle, WA 98146
Phone: 206-296-4410
TTY Relay Service: 711
www.metrokc.gov/parks

Fall Schedule 2003
Sept. 2 - Jan. 1, 2004

We will be closed:
Nov. 27 - 30 Thanksgiving
Dec. 22 - Dec. 28.....Christmas
Dec. 29 - Jan 4.....New Years



Monday/Wednesday Tuesday/Thursday
Sept. 8 - Oct. 1 Sept. 9 - Oct. 2
Oct. 6 - Oct. 29 Oct 7 - Oct. 30
Nov. 3 - Nov. 26 Nov. 4 - Nov. 25*
* 7 Lesson Session
Dec. 1 - Dec. 17 Dec. 2 - Dec. 18*
*6 Lesson Session

Registration begins up to three months before the start of the class. See *Registration Policy*.

WATER EXERCISE

Arthritis Exercise. Arthritis Foundation certified instructor. A drop-in class for people with arthritis or impaired mobility.

Multiple Sclerosis (MS). Mobility exercises. For registration, call MS, 206-633-2606 or Harriet, 425-830-7746.

Water Walking. This drop-in, low-impact program is for all levels. You set the pace.

Waterobics. A drop-in, shallow water, cardiovascular workout. All levels.

COMPETITIVE SWIMMING

Swim Seattle: 206-654-3415
www.swimseattle.org

White Water Aquatics
www.whitewateraquatics.com



RECREATIONAL SWIM SCHEDULE

All are subject to change.

Lap Swimming

M, W, F 5:30 - 10 am
M - F (Adult) 12 - 2 pm
M,W 7 - 8 pm
Sa..... 11 - 1 pm

Public Swimming

Tu, Th, 7 - 8 pm

EXERCISE PROGRAMS

Arthritis Exercise

M, W, F 9 - 10 am

MS

Call 206-633-2606 to register
F 12- 1 pm

Water Exercise

M, W, F 8 - 9 am
M, W 7 - 8 pm

